

Counselling Cell

Mr. Swapnil Sinari (MA in Clinical Psychology) and Ms. Shazia Shaikh (MA in Child Psychology) joined as College Counselor's (Contract basis) on 20 July 2022 in the Govt. College of Arts, Science and Commerce, Khandola – Marcela Goa and are working till date.

IMPACT

For the academic year 2022-23 counselling Cell has rendered counselling services to the total of 61 clients including students and staff, in total 183 counselling sessions which included Individual counselling sessions, group sessions and family counselling sessions.

For the academic year 2023-24 counselling Cell has rendered counselling services to the total of 49 clients including students, teaching staff and support staff, in total 179 counselling sessions which included Individual counselling sessions, group sessions and family counselling sessions.

Prominent issues addressed by college counsellor include- emotional difficulties, family issues, romantic relationship problems, sexual health issues, friendship-problems , Anger issues, physical and sexual abuse, cyber crime, career guidance. Mental health difficulties such as academic stress, suicidal ideations, anxiety, panic attacks, depression, trauma, body image, distress and low self-esteem.

Programs/ Session Conducted by Counseling Cell

- Conducted awareness session on "Mental Health" to promote mental well being for students.
- Conducted induction and orientation programme for undergraduate and postgraduate students of all disciplines on “Gender Sensitization and Sexual Harrasment on College Campus”. The programme was organised by the Prevention of Sexual Harrasment Commitee of Government College, Khandola.
- Department of Psychology and Counseling Cell organised student led event ‘Psyched Up’ 2.0 on the theme ‘Mental Health is a universal human right’ to commemorate the World Mental Health day 2023.

- Organised Essay Writing Competition for undergraduate and postgraduate students of all disciplines on theme Mental Health for all and How does psychological health impact the performance of students in colleges to commemorate the World Mental Health day 2023.
- Conducted awareness session on “ Exam stress management” aiming to enable students to prepare, manage exam related stress and improve concentration.
- Conducted online webinar on “Comprehensive Sexual Health” for Undergraduate and Postgraduate students on 29/02/2024 at 3.00 PM.
- Counselling Cell in collaboration with Goa Institute of Management (GIM) organized awareness sessions on “Mental health Awareness Campaign” which aligns with “Pariksha Pe Charcha – 2024” Campaign launched by PM Modi on 14/03/2024 for Undergraduate and Postgraduate students.

Personal Achievements (Ms. Shazia Shaikh)

- Attended inaugural function for counselor’s Club organised by Government College of Commerce and Economics, Borda, Margao, Goa in collaboration with IQAC held on 13 August 2022.
- Attended and accompanied Psychology students for skit competition at Parvatibai Chowgule College of Arts and Sciences, Autonomous, Borda. Margao-Goa on 27 August 2022.
- Attended one day workshop on POSH Act for IC – Internal committee, organised by Government College of Arts, Science and Commerce, Sanquelim Goa in association with DHE and Project POSH.
- Along with 2 faculty members and 9 students attended one day Suicide Prevention Workshop on "World Suicide Prevention day" held on 10/09/2022 organised by Directorate of Higher Education in association with COOJ Mental Health Foundation.
- Attended “Mental Health and Me” organised by M.E.S College, Zuarinagar, Vasco on 10 october 2022 marking the World Mental Health day 2022.
- Attended awareness talk on "Psychosocial aspects of Ragging and Harrasment on College Campuses" organised by Government College of Arts, Science and Commerce, Khandola - Goa, Discipline and Anti-ragging committee, and IQAD held

on 14/10/2022, 10 am to 12 pm at Seminar hall, GCASCK. Resource Person - MS Gayathri Rao Konkar, Counselor.

- Attended a national level webinar on “Green building movement – Sustainable living” organised by the Department of Geography of our institution on 26 November 2022.
- Attended two day online training on Child Sexual Abuse – Advanced level organised by Arpan and Human touch Foundation for Mental health Professionals on 9 and 10 December 2022.
- Attended one day training workshop for College Counselors on Cyber wellness organised by Directorate of Higher Education on 18/01/2023 at Multipurpose Hall, Sanskriti Bhavan, Patto, Panaji - Goa.
- Attended two day National Seminar on "Integrative Therapy, Innovations and best practices in Counseling " organised by Goa College of Home Science in association with Directorate of Higher Education held on 2nd and 3rd march 2023 at Multipurpose Hall. Sanskriti Bhavan, Patto, Panaji - Goa.
- Ms. Shazia Shaikh was invited as a Resource person to deliver the Alumni Meet Specific Talk organised by Parvatibai Chowgule College of Arts and Sciences, Autonomous, Borda, Margao Goa on 6 March 2023, on Topic “Through the lens of a College counselor”.
- Attended one day state level workshop on Experiential Learning – “Personal Challenges and self care for Mental health Professionals” organised by MES College of Arts and Commerce, Zuarinagar-Goa on 13 March 2023.
- Attended workshop organised by Yoga/Meditation/wellness Cell on Har Ghar Dhyam on 24 March 2023.
- Attended session organised by Research and development Cell in association with IQAD, on objectives and function of Goa state research foundation by resource person Dr. Malapati Janarthanam , Chairperson of GSRF and Dr. Tilve from Directorate of Higher Education.
- Attended one day state level faculty development programme on ‘Awareness on Prevention of Alcoholism’ organized by the staff Welfare committee in association with IQAD , Government College, Khandola, Marcela – Goa on 20th may 2023.
- Attended one day state level Counselor development workshop on “Unlocking the Power of Choice Theory” organized by Rosary College of Commerce and Arts, Navelim held on 13/09/2023 at the college, Seminar Hall.

- Attended “Research Coffee Series 2023-24” Talk 67 on the topic “Spiritual intelligence analysis of youth: A Cultural Perspective” presented by Mrs. Manjiri A. Bakhale, Assistant Professor of Psychology on 15/09/2023.
- Ms. Shazia Shaikh was invited by Department of Psychology to judge “Psyched-up 2.0” on 10/10/2023
- Attended one day state level Seminar on World Mental Health day “Mental Health is a universal human right” organized by Government College, Khandola in collaboration with Rotary Club of Panaji – Midtown held on 12/10/2023 at the Multipurpose Hall, Sanskruti Bhavan, Patto, Panaji – Goa.
- Attended the session on “Narrative Therapy” by Dr. Rohan V. (Consultant Psychiatrist) on 27th october 2023 organised by Tele Manas, Goa at South Goa district hospital, Margao.
- Ms. Shazia Shaikh was also awarded ‘The Visionary Woman’ award by Jamaat-e-Islami Hind Goa on 29/10/2023 for achieving academic excellence and contribution in the field of Mental Health Care
- Attended Open day, 20 years of celebration on Bits Pilani, K K Birla Goa Campus held on 6 Nov 2023, organized by Bits Pilani, K K Birla Campus, Goa.
- Attended DoPT, GoI Sponsored Programme on “Management of Adolescent Problems in Schools” organized by Goa Institute of Public Administration and Rural Development (GIPARD) from 13/12/2023 to 15/12/2023 at the Lecture Hall, GIPARD ELLA Farm, Old Goa.
- Attended and graduated with Online Queer Affirmative Counseling Practice course organised by Mariwala Health Initiative and Keshav Suri Foundation, New Delhi, on 19/01/2024 to 21/01/2024 and 9/02/2024 to 11/02/2024 recognised as Queer Affirmative Practitioner in Goa-India
- Attended one day state level workshop on “Past Forward: Healing the Trapped Inner Child” organised by GVM’s Gopal Govind Poy Raiturcar College of Commerce and Economics in association with GVM’s Dr. Dada Vaidya College of Education, Farmagudi – Ponda, Goa on 22/03/2024 at GVM’s Hall.

Personal Achievements (Mr. Swapnil Sinari)

- Along with 2 faculty members and 9 students attended one day Suicide Prevention Workshop on "World Suicide Prevention day" held on 10/09/2022 organised by Directorate of Higher Education in association with COOJ Mental Health Foundation.
- Attended the inaugural function of 'Psyched up' student fest, event organised by Department of Psychology on World Mental Health day on held 10/10/2022 at Seminar hall, Government College of Arts, Science and Commerce, Khandola – Goa.
- Attended awareness talk on "Psychosocial aspects of Ragging and Harrasment on College Campuses" organised by Government College of Arts, Science and Commerce, Khandola - Goa, Discipline and Anti-ragging committee, and IQAD held on 14/10/2022, 10 am to 12 pm at Seminar hall, GCASCK. Resource Person - MS Gayathri Rao Konkar, Counselor.
- Accompanied 10 College students who participated in intercollegiate Ghumat Aarti Competition organised by P. E. S College, Ponda held on 15/10/2022 at 9.00 am to 5.00 pm.
- Attended one day training workshop for College Counselors on Cyber wellness organised by Directorate of Higher Education on 18/01/2023 at Multipurpose Hall, Sanskriti Bhavan, Patto, Panaji - Goa.
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with Rotary Club of Panaji – Midtown held on 12/10/2023 at the Multipurpose Hall, Sanskruti Bhavan, Patto, Panaji – Goa.

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